

Vegan Chicken and Celery Salad

Submitted by Loretta Buckner

Ingredients

1/2 c. medium apple
1/4 c. grapes (sliced in halves, remove seeds)
1/2 celery stalk, raw
1/4 c. red onion
1/4 c. walnuts
1 tbsp. Earth Balance Mindful Mayo, Non-GMO Organic, Vegan, Gluten Free, No preservatives

Makes 2 servings (two sandwiches)

Directions:

Chop apple, grapes, celery, onion. Add walnuts. Mix in Vegetarian mayonnaise (Earth Balance Mindful Mayo, Non-GMO Organic, Vegan, Gluten Free, No preservatives) into salad.
Serve on lettuce leaf or with some low fat crackers.

Amount Per Serving	
Calories	191.8
Total Fat	10.4 g
Saturated Fat	1.0 g
Polyunsaturated Fat	7.4 g
Monounsaturated Fat	1.3 g
Cholesterol	0.0 mg
Sodium	47.3 mg
Potassium	130.7 mg
Total Carbohydrate	13.7 g
Dietary Fiber	3.0 g
Sugars	8.1 g
Protein	3.4 g